



John R. Dennis Wellness Center Pool Rules

Information

The John R. Dennis Wellness Center Pool is a 170,000-gallon aquatic facility designed for fitness, recreation, and family fun. The pool features: four 25-yard lap lanes, a walking vortex, an open swim area, and a zero-depth splash pad

Pool Rules

- Walk on the deck — no running.
- Respect lifeguards and follow all directions.
- Kickboards and pull buoys are permitted in lap lanes only.
- Only U.S. Coast Guard–approved flotation devices are allowed.
- No other inflatables permitted.
- Enter the pool feet first, facing forward, from the edge only — no twists or flips.
- Diving is permitted in water 9 feet deep or greater.
- No horseplay or rough play.
- Do not sit on pool walls.
- The bench area is not a step for entering or exiting the pool.
- No food, gum, or breakable containers on the deck.
- Do not dress or change on the pool deck. Please use locker rooms for all changing needs.
- Lap lanes are reserved for instruction, Green Band swimmers, and lap swimmers.
- Children under 5 and Red Band swimmers must be accompanied by an adult and remain within arm’s reach at all times.

Swim Test Procedures

For safety purposes, all swimmers ages 5–11 must complete a swim test and wear a swim band.

- Swimmers may be asked to take or retake the swim test at the lifeguard’s discretion.
- If a swimmer requires rescue, they must retake and pass the swim test before reentering the pool.

The swim test evaluates a child’s swimming ability. Based on performance, swimmers will receive a colored band indicating their ability level. Swim bands are required for all swimmers ages 5 to 11.

Safety is our top priority, and following these rules helps prevent accidents and ensures a fun experience for everyone.